

The Hagerstown Parkinson's Support Group

Hagerstown, MD and the Four-State Area

Monthly Newsletter

November 2020

Visit Our Website at:
www.fareshare.net/Parkinsons/

[Visit us on Facebook](#)

Volume 10, Issue 11

This Month's Meeting

? Meeting

Due to the coronavirus issues at hand, none of our meetings in October will be held.

We will let you know about upcoming meetings sometime next month.

We feel it is better to be safe in this matter and not risk further spread of the virus since we are a high-risk population. Let's pray this will be under control soon.

Support Group Meetings are important.

Block off the first Thursday of every month on your calendars and try not to schedule anything else that day! It's just one day a month!



On a personal note, I am leaving Florida on Monday, September 14, 2020. While here, I stay in the house most of the time; we have only been out a few times since the end of March. We have groceries delivered to the house. When we do have to go out, we wear masks and keep our distance from others as much as possible. We hope you are doing the same – stay safe until we can be together again.

MARK YOUR CALENDARS

Join us for our next
Parkinson Support Group Meeting
at the

Western Sizzlin' Steakhouse
17567 York Road, Hagerstown, MD

Sometime Soon, I Hope!

OCTOBER MEETING CANCELLED

OCTOBER CAREGIVERS MEETINGS CANCELLED

PLEASE STAY HEALTHY
SO WE CAN MEET AGAIN

[If you are interested in viewing or participating in some of the virtual activities that are out there now, please let me know and I will put you on a special mailing list so you know what's coming up.](#)

SPOTLIGHT

Please stay safe and follow the guidelines the medical community is promoting. Stay at home, wear masks if you do go out, wash your hands frequently and keep a proper distance from others.

COVID-19 affects people in different ways. Infected people have had a wide range of symptoms reported – from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Cough
- Shortness of breath/difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

The Hagerstown Parkinson's Support Group

Group Facilitator:

Art Guyer, 240-625-2722
4Parkinsons@gmail.com

The Hagerstown Parkinson's Support Group
is supported in part by:



17567 York Road, Hagerstown, MD
Stop by for lunch or dinner to support them!

Thanks to Paul Romsburg, his family, and staff of the *Western Sizzlin'* for supporting our group.

UNSUBSCRIBE: If you no longer wish to receive this newsletter, please contact the Group Facilitator, Art Guyer.

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LIVING WITH PARKINSON'S SYMPOSIUM

SUNDAY OCTOBER 18TH AND SUNDAY OCTOBER 25TH

12:00-3:00

\$50.00 PER PERSON FOR BOTH DAYS

EARLY BIRD SPECIAL – \$40.00 PER PERSON IF YOU REGISTER BEFORE OCTOBER 1ST



LIVING WITH
PARKINSON'S
SYMPOSIUM
2020

~
October 18
October 25
~

Maryland Association for Parkinson Support, Inc. is pleased to offer a variety of informational sessions over the course of two days in a virtual symposium.

Day 1 | October 18

Keynote | 12-12:30pm

Holistic Medicine and Parkinson's
Arianne Cometa

Q&A | 12:30-12:50pm

Have questions prepared
Please submit ahead of time

Session One | 1:00-1:40pm

Option 1: *Exercise is Medicine*
with Patty Wessels and Lynn Sutton
Option 2: *The Science of Meditation and
How It Can Help* with Bob Schwalb

Session Two | 1:50-2:30

Option 1: *Science of LSVT BIG*
with Randy Siy
Option 2: *Carole King Singalong*
with Ellen Katz

Session Three | 2:40-3:20

Option 1: *Multifactorial Risks for Falling in
Parkinson's Disease* with Elena Isaacson
Option 2: *Parkinson's Dance*
with Lynn Rosen-Stone

Day 1 | October 25

Keynote | 12-12:30pm

Parkinson's Psychosis in the time of COVID-19
Dr. Nadia Yusuf

Q&A | 12:30-12:50pm

Have questions prepared
Please submit ahead of time

Session One | 1:00-1:40pm

Option 1: *Heard of CBD? Becoming an
Informed Consumer* with Max Sobol
Option 2: *Healing Touch*
with Amy Mickolite

Session Two | 1:50-2:30

Option 1: *PWR* with
Patty Wessels
Option 2: *What to Expect During Hospitalization*
with Lorraine Palmer-Newcome

Session Three | 2:40-3:20

Option 1: *Rock Steady Boxing*
with Markese Hayden
Option 2: *Caregivers as Resources*
with Michael Magrogan

To register, click here:

<https://ww2.eventrebels.com/er/EventHomePage/CustomPage.jsp?ActivityID=34006&ItemID=114240>

MARYLAND ASSOCIATION FOR PARKINSON'S SUPPORT